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SWOSU BULLDOG WELLNESS

Newsletters

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## April 2019

SWOSU Bulldog Wellness Committee

### Description

#### National Public Health Week

**Join in observing National Public Health Week from April 1-7, 2019 and become part of a growing movement to create the healthiest nation in one generation. During the week, we will celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships and champion the role of a strong public health system. Each day of NPHW 2019 will focus on a public health topic. Hoping each topic will spark new conversations and engage new participants in the community. Follow along at this link to see daily themes and ways each of us can make a difference within each topic. <http://www.nphw.org/nphw-2019>**

Follow this and additional works at: <https://dc.swosu.edu/wellness>



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# SWOSU

## Wellness Newsletter

April 2019

### Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. The Oklahoma Highway Safety Office reports that there were 3,502 alcohol-related traffic crashes and 180 drunk driving deaths in 2017. This April, during Alcohol Awareness Month, SWOSU encourages you to educate yourself and your loved ones about the dangers of drinking too much.

To increase awareness about alcohol abuse SWOSU offers a campus-based Employee Assistance Program through Counseling Services that is free to all students, faculty, and staff.

- EAP provides counseling and training programs that inform participants of the dangers of drug and alcohol abuse.
- They assist in locating an in or out-patient rehabilitation site.
- Health insurance benefited employees may contact BCBS (toll free number on back of their card) for preauthorization benefits to access in or out-patient treatment.
- Volunteer participation in or referrals to these services is confidential.

**Those needing help or advice may also use the following hotline numbers:**

SWOSU Counseling Service (EAP): 580-774-3776

SWOSU Department of Public Safety: 580-774-3111

National Alcohol & Drug Abuse Hotline: 1-800-234-0420

**Here are some strategies to help you cut back or stop drinking:**

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Make a list of reasons not to drink.
- Limit the amount of alcohol you keep at home.
- Make a list of reasons not to drink.

### National Public Health Week

Join in observing National Public Health Week from April 1-7, 2019 and become part of a growing movement to create the healthiest nation in one generation. During the week, we will celebrate the power of prevention, advocate for healthy and fair policies, share strategies for successful partnerships and champion the role of a strong public health system. Each day of NPHW 2019 will focus on a public health topic. Hoping each topic will spark new conversations and engage new participants in the community. Follow along at this link to see daily themes and ways each of us can make a difference within each topic. <http://www.nphw.org/nphw-2019>

## Crowder Lake Opening Day

This event will be held Saturday April 6th from 10 a.m.-5 p.m. Shuttles will leave the Pioneer Cellular Event Center South parking lot every 30 minutes starting at 9:45 a.m. to take people to Crowder Lake. There will be games such as downhill derby, volleyball, tetherball, and ropes course, as well as food trucks and live music.

### Band lineup:

**11:00AM-** Scott Hand

**12:00PM-** Bulldog Blitz Talent Show winners Han Yu Shih and Yesterdayz Pantz

**1:00PM-** Grant Scowden

**2:00PM-** Headliner Keelan Donovan

**3:00PM-** Jared Deck

## Weatherford Farmers Market

The Weatherford Farmers Market, located at 118 N. Kansas St. presents a small town community atmosphere on Rt. 66 with home grown produce from local farmers. Join them Saturday's from 8:00 a.m. - 12:00 p.m. and Tuesday's from 4:00p.m. - 7:00p.m. to meet the growers, participate in special venues, experience and "old-time" market in the park and take home luscious forgotten flavors.

Follow them on Facebook at **Weatherford Oklahoma Farmer's Market** to keep up with the latest offerings.

## SWOSU Hammock Lounge

As the nice weather approaches, don't forget about the SWOSU Hammock Lounge courtesy of SGA Campus Improvements. The lounge is located next to the Foundation Office and across the street from Rx Brew. You can bring your own hammock or rent for free from the Wellness Center using a University issued ID.



## App of the Month



MyFitnessPal

Calorie Counter & Diet Trac...

★★★★★ 493K

MyFitnessPal tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users. Users can either scan the barcodes of various food items or manually add them in the database of over five million different foods. Working in conjunction with over 50 devices and apps including Fitbit and Garmin wearable devices users can synchronize their health data and monitor everything in one place.

To find more information regarding health and wellness provided by SWOSU check out the Wellness page at <https://www.swosu.edu/bulldog-wellness/index.aspx>